

Dear Parents and Carers,

Thank you to our Youth Engagement Officer for his workshop on criminal responsibility and making the right choice. Class 5 listened and engaged well.

A reminder that parents evenings are next week – please make sure you have signed up for an appointment.

Mrs Mardling and the Instow Team.

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

New dates for your diary

Mon 12th Oct: 2:30pm Harvest Festival

Tues 13th Oct: Parents evening – 4-6pm

Thurs 15th Oct: Parents evening – 5-7pm

Fri 16th Oct: Non-uniform/ PTFA Cake sale

Wed 21st Oct – Fri 23rd Oct: Y5/Y6 Bristol residential trip

Sat 31st Oct: Last day to enter the pumpkin competition

Mon 26th Oct – Fri 30th Oct: Half Term

Mon 2nd Nov – Y4 Forest School

Fri 13th Nov: Children in Need, non-uniform and bring a penny to build a Pudsey

Fri 20th Nov: Non Uniform and bring a bottle for the Christmas Fayre

Fri 11th Dec: Christmas Fayre @ 3pm

Please look on the website calendar to keep up with the dates for the whole academic year.

What to do if you have a safeguarding concern?

You can talk to our Designated Safeguarding Lead, Mrs Mardling or one of our deputy Safeguarding Leads; Mr Bedford, Miss Harvest or Sharon Goodwin.

If it is outside the school day and you are worried about a child's safety, report it immediately. For immediate danger, call the police on **999**. Otherwise, contact the Devon Multi-Agency Safeguarding Hub (MASH) on **0345 155 1071** or use the [online request for support form](#) to report your concerns to social care.

CELEBRATION ASSEMBLY

This week's stars

We will send out a parentmail with the children's names on Monday.

IMPORTANT REMINDER

If your child has sickness and/or diarrhoea, please remember that they must not return to school until 48 hours after their last episode of sickness or diarrhoea. This is to reduce the risk of further infection within the school.

LUNCH MENU

Week 3 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mild chicken curry (DF)	Sausage roll (DF)	Roasted sausages (DF)	Tomato pasta (DF) (V)	Chicken nuggets(DF)
Vegetarian	Veggie curry (DF)	Veggie sausage roll (DF)	Creamy veg cobbler		Tomato cheese pin wheel
Sides	Rice and Naan bread (DF)	Potato wedges, beans and vegetables (DF)	Roast potatoes, carrots, green beans	Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Beans(DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Toffee apple cake (DF), fruit or yoghurt	Ice cream(DF), fruit or yoghurt	Fruit salad or yoghurt	Angel delight fruit or yoghurt	Chocolate cracknell, fruit or yoghurt

DF - Dairy Free

Dairy free yoghurts available every day.

Your Top Doodling Classes this week!



Here are the Top Doodling classes at Instow Community Primary School for the last seven days:

DoodleMaths: Trinity Year 6 (38% of pupils in the green zone)

DoodleTables: Lundy Year 5 (50% of pupils in the green zone)

DoodleEnglish: Lundy Year 5 (17% of pupils in the green zone)

DoodleSpell: Trinity Year 5 (30% of pupils in the green zone)

Congratulations to all of the pupils in the green zone – they should be really proud of themselves!

Super Doodler!

Flynn H-P has achieved a **1000-day streak** in DoodleEnglish!

Well done Flynn what an amazing achievement.



Attendance

Well done to this week's winners

Class 2: 98.70%

Class 3: 97.5%

Class 5: 97%

Class 4: 94.80%

Class 1: 92.20%

Let's Talk Safer Families

Let's Talk Safer Families is a platform designed to support parents, carers, professionals, and communities to have open conversations about issues that can affect children's safety. The platform provides free, accessible information, advice, and resources on a range of topics to help families build resilience, recognise risks, and know where to access support when needed.

Website link: [Let's Talk Safer Families](#)

Sunrise Club

Please could we remind parents and carers to use the ParentMail booking system to book their child into our breakfast club provision, Sunrise Club.

This enables us to ensure that we provide the correct staffing for every session.

Thank you for your co-operation.

Empathy

As part of our school values, we have been focusing on **empathy** this week. The children have been thinking about what it means to put ourselves in someone else's shoes, to listen carefully and to respond with kindness.

These important conversations help pupils build positive relationships, appreciate different perspectives and contribute to a school environment where everyone feels safe, respected and supported.



The EYFS team are asking for donations of the following for their Wish Tree:

Flour, washing up liquid, art and crafts bits – sequins, lolly sticks, googly eyes, craft match sticks, dot stickers, old cardboard tubes, packets of jelly cubes.

Harvest Festival

We hope you can join us at Instow Church on Monday afternoon.

If you do attend, can we ask that you sit at the back of the church. The area on the right hand side will need to be used for the pupils and volunteers to ensure they have enough room.

The Freedom Centre Harvest List

Our Harvest Festival is on **Monday 12th October at 2:30 pm** in St John's Church, Instow. We are collecting the following donations for the The Freedom Centre, please bring your donations to school on Monday 12th October.

Meals in a tin e.g. chilli, stew and curry

Tinned fruit e.g. pineapple hunks, pears, rhubarb, apple or mandarins

Custard powder

Chopped tomatoes

White easy cook rice

Pot noodles

Granola bars

Chocolate bars, large and small

Orange juice – large or small cartons

White Flour – self raising and plain

Granulated white sugar and caster sugar

Icing sugar

Jelly – any flavour

Tomato puree and Worcestershire sauce

Herbs and spices: Rosemary, thyme, cumin and garam masala

Lemon juice and Vanilla essence

Sunflower oil

Washing up liquid

We have a huge amount of the following, so can we please ask you **NOT TO SEND:**

Tinned soup, pasta and spaghetti and tea

Also needed are:

Men's spray deodorant, toothpaste and toothbrushes

INSTOW PRIMARY AND PRESCHOOL



CAKE SALE



& NON UNIFORM DAY

FRIDAY, 16TH OCTOBER



Please bring:
£1 for non uniform donation
&
50p for a cake

**ALL PROCEEDS GO TO
ACTIVITIES & RESOURCES FOR
THE CHILDREN.**

**DONATIONS OF
NUT FREE CAKES WOULD BE
GREATLY APPRECIATED.**

Please bring donations of cakes
to the school office on Friday morning.

For homemade cakes, please list
ingredients.

Thank you
FOR YOUR SUPPORT!




Taw & Torridge
Estuary Churches
Fremington, *Instow* & Westleigh

BABIES AND TODDLERS

ST PETER'S CHURCH HALL
FREMINGTON

MONDAYS DURING TERM TIME
9.15 - 10.30AM



SONGS, A BIBLE STORY, CRAFTS,
REFRESHMENTS AND PLENTY OF PLAYING!

£2 DONATION PER FAMILY



JUST TURN UP,
FIND US ON FB OR
EMAIL CYF@TTEC.ORG.UK





Taw & Torridge
Estuary Churches
Fremington, *Instow* & Westleigh

BUMPS AND BABIES

ST PETER'S CHURCH HALL
FREMINGTON

MONDAYS DURING TERM TIME
11AM - 12.15PM



A GROUP FOR EXPECTANT AND NEW PARENTS
WITH BABIES (0-12 MONTHS)

£2 DONATION PER FAMILY



JUST TURN UP
OR
EMAIL CYF@TTEC.ORG.UK





Taw & Torridge
Estuary Churches
Fremington, *Instow* & Westleigh

BREAKFAST AND FAMILY SERVICE

ST PETER'S CHURCH
WESTLEIGH

SECOND SUNDAYS
9.30 - 10.30AM

JOIN US FOR BREAKFAST
FOLLOWED BY A
FAMILY FRIENDLY SERVICE
AT 9.30AM




www.ttec.org.uk




Taw & Torridge
Estuary Churches
Fremington, *Instow* & Westleigh

MONTHLY MONDAYS!

ST PETER'S CHURCH
HALL

3.30 - 4.30PM

AUTUMN 26

OCT 12 NOV 9 DEC 14

FREE
games, activities, drink and snack
for families

COME AND JOIN US!

CHILDREN TO BE ACCOMPANIED
BY AN ADULT



www.ttec.org.uk



If you or anyone you know would like a stall then it is £10 and a raffle prize please
email classsupport@instowcps.co.uk

We would also welcome any company donations for our raffle.